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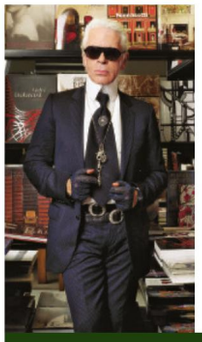

KING KARL COUTURE GIANT TALKS ABOUT HIS NEW BRANDS
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MOVING ON PERRY SHOUTS OUT TEBOW AT SUPER BOWL
{page 20}

NEW VOW
CHANNING TATUM CHANGES THINGS UP FOR ROLE {page 19}

VANCOUVER metro®

Tuesday, February 7, 2012
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News worth sharing.

Liquor laws take toll

- East Van cinema was granted a liquor licence but lost the right to show films
- Owner says the venue loses $2,000 a day every time movies are cancelled

PHYLICIA TORREVILLAS
@METRONEWS.CA

PHYLICIA TORREVILLAS/METRO

▶ Rio Theatre owner Corinne Lea says the venue has lost almost $40,000 in revenue since the provincial government granted a liquor primary licence but banned film screenings.

Rio Theatre owner Corinne Lea says her fight with the B.C. government and its archaic liquor laws has turned into a tale of David versus Goliath.

The theatre has lost close to $40,000 and five employees have been laid off since movies were banned two weeks ago, she says.

"(In) the beginning, I was quite strong because I knew logic was on our side and I felt that this would be corrected," Lea said. "(But now) all my time is being kept up trying to have a fight with the government. How much more can we do to try and stay in business?"

The Rio took another blow after cancelling screenings for the upcoming Vancouver International Mountain Film Festival (VIMFF), which opens Friday.

VIMFF director Alan Formaneck said the festival was able to find a new location at the last minute — the Denman Cinemas in the West End.

NDP MLA Jenny Kwan says solicitor general Shirley Bond can get her staff and legislative drafters to do an Order in Council, which takes no more than 24 hours, to allow the Rio to screen films.

"It's just a stroke of the pen, literally," Kwan said. "Pick up the pen and sign an OIC.... Cut the red tape and get on with it.

"The solution is there, and all that the government has to do is accept that solution and this will provide for the Rio to continue to operate until the larger policy decisions are made. Corinne is not asking for the moon, she's just asking to continue on business as usual so she can survive this review period."

News

Queen hailed on jubilee

- Well-wishers greet monarch as she marks 60 years on throne {page 8}

Go gourmet

Hot chocolate with decadent portobello sandwich {page 22}

Family reunites with rescuer

Officer pulled trapped toddler from car {page 3}

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Man accused of sexually assaulting foreign students

JENNIFER KWOK
VANCOUVER@METRONEWS.CA

A Vancouver man facing charges for allegedly sexually assaulting several ESL students was in court Monday.

David Roland Messina, who also uses the name "Dallas," was charged with four counts of sexual assault against four adult women who were studying English in Canada, according to Vancouver police.

Police allege that Messina lived with the ESL students and sexually assaulted them during that time.

A couple of the students first reported his alleged behaviour to police in December, which led to his arrest last Friday at his Burnaby home after a thorough investigation.

The victims' names aren't being made public but they were all students from Asia, according to Const. Lindsey Houghton.

Houghton said cases like these are not common but may be under-reported.

Messina was previously known to police for allegedly scamming foreign exchange students in 2009 — collecting rent illegally from them and not passing the money on to the landlord.

KENDRA WONG/FOR METRO

▶ Const. Aaron Jabs, right, meets with six-year-old Jordan McDonald in Surrey on Monday as the boy's mom, Alyse, looks on. A week ago, Jabs helped pull Jordan's sister Haylee, centre, out of a submerged vehicle.

Grateful family meets toddler's rescuer

Off-duty officer receiving praise after pulling two-year-old from submerged car last Wednesday ◐ Const. Aaron Jabs insists six-year-old is real hero

KENDRA WONG
VANCOUVER@METRONEWS.CA

It was a heartfelt reunion between a family of three and an off-duty police officer after he rescued them from a ditch in Delta last Wednesday.

Alyse McDonald greeted Const. Aaron Jabs and wife Cherri Monday morning with a bouquet of roses and hugs during their first meeting since the crash.

"I'm grateful that they had the heart … to stop and help us," said McDonald.

On Feb. 1 around 7 a.m., McDonald was driving along Highway 17 with her two children, Jordan, 6, and Haylee, 2, when she swerved to avoid hitting ducks crossing the road.

The car ended up in a ditch. Jordan and Alyse were able to push open the door and swim to safety, but Haylee was still trapped upside down in the car seat.

Const. Aaron Jabs, who was driving with his family to the Tsawwassen ferry terminal, spotted a boy waving his arms by the side of the road and rushed to the family's aid.

"Once you're in the mode, you just react," said Jabs.

Jabs is being praised a hero, but he insists six-year-old Jordan deserves the credit.

"If he wasn't up there, you couldn't see the car. It was pitch black," said Cherri Jabs. "His arms were waving in the air and he was very brave."

"I think he's the real hero," said her husband, of Jordan's efforts.

The family survived the incident with only minor injuries.

1 news

A new batch of smartphone apps caters to the freshly single who may not be happy about their new status. Scan code for story.

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On the web at metronews.ca

Montreal Canadiens fans pay musical tribute to Scott Gomez's yearlong goal drought. Watch at metronews.ca/video

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HOMICIDE

Man charged with second-degree murder

A Maple Ridge resident has been arrested in connection with the homicide of 26-year-old Brandon Howson.

Howson's body was found in the area of 224 Street Jan. 31. Investigators said his injuries are consistent with an edged weapon.

Adam Deboo, 33, has been charged with second-degree murder.

His first court appearance was Monday.

KENDRA WONG

Family feud turns violent

It may take more than family counselling to mend a rift between a Langley father and his son.

Langley RCMP were responding to an apparent vehicle collision on the Fraser Highway Friday evening when they came upon a dad, 44, and a son, 22, suffering from serious injuries.

Police discovered they had inflicted the injuries on each other when a heated argument between the two turned brutally violent.

MATT KIELTYKA

Balanced budget in 2013: Grits

Finance Minister Kevin Falcon predicts the B.C. government should balance its books by the next fiscal year.

Falcon made the comments Monday as he issued updated projections by the B.C. Economic Forecast Council. He says the council expects the provincial economy to post 2.2 per cent growth this year, unchanged from earlier predictions.

THE CANADIAN PRESS

A smart catch for restaurants

New tool aims to connect consumers with ocean-friendly harvested food

JENNIFER KWOK
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JENNIFER KOWK/FOR METRO

▶ Ocean Wise spokesperson Mike McDermid, left, Chef Myke Shaw and Chef Jo Astudillo at the Vancouver Aquarium on Monday.

Customers can find out if there's anything fishy about their seafood with ThisFish, a new sustainability tool spearheaded by Ocean Wise.

Many people are interested in harvest information these days, says Ocean Wise spokesperson Mike McDermid.

ThisFish, developed by Ecotrust Canada, is a tracing system that allows consumers to find out harvest details about the seafood that they eat or buy, such as where and how the seafood was raised, directly from the supplier.

Aquarium Chef Myke Shaw suggests it's a two-way street in promoting sustainability.

"Where these fishermen are getting the fish from and how the environment impacts species and species in a given area gives a lot of pinpoint for marine biologists and scientists to know and actually see the effect," says Shaw. "When more people know about those details, it helps (chefs) to tell what people should be consuming and shouldn't be consuming."

McDermid says that the connection built with fishermen across ThisFish can facilitate sustainability.

Not only does ThisFish connect everyone involved in the supply chain, it also gives chefs more flexibility in creating new dishes that were once foreign to them.

Chef Jo Astudillo says chefs tend to rely on old habits and traditions when deciding what will go on their menus.

"It's actually changing the concept of creating a menu because you now have the ability to research about everything and use fish that you weren't accustomed to using," says Astudillo. "We don't want to damage things that are not sustainable."

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Appraisal value: $4,200.00
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Appraisal value: $4,250.00
J&M Regular Price $1,995.00
J&M Sale Price $1,297.00

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Appraisal value: $3,000.00
J&M Regular Price $1,199.00
J&M Sale Price $777.00

Pair of vintage dress clips with 4.6 cttw baguette and round diamonds
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News in brief

Missing man found

Vancouver police say that a man reported missing last year has been found safe and sound.

Daniel Holt was living outside the Vancouver area under a different name and was eventually found after a man recognized his face from the news. Four missing-person files, out of 3,700 from 2011, remain open.

MATT KIELTYKA

Yes, there's an app for that too

B.C. residents looking for the nearest hospital or walk-in health clinic can now just check their Apple mobile device.

The provincial government has unveiled an application for the iPhone, iPad and iPod Touch that can help people find a range of health services, from emergency rooms to after-hours pharmacies.

The B.C. Health Service Locator is available only through the iTunes App Store, but the government is working on making it available to other non-Apple mobile devices.

THE CANADIAN PRESS

Interior prison announced

The B.C. government has selected an industrial park between Oliver and Penticton as the site for a new $200-million prison.

The site is owned by the Osoyoos Indian band and the project is the first partnership of its kind between the B.C. Corrections Service and a First Nation.

The prison will include 360 cells, which will more than double inmate capacity in the province's Interior. THE CANADIAN PRESS

Pickton source proved out

Retired RCMP investigator ordered surveillance on Robert Pickton in 1998 Missed opportunities to arrest killer highlighted throughout inquiry

A police request form for surveillance of Robert Pickton more than three years before he was arrested for multiple murders was eerily accurate, the missing women inquiry has heard.

The first RCMP officer to investigate Pickton told the inquiry Monday he filled out the form, asking that officers watch Pickton in September 1998.

Mike Conner, who's now retired but was then a corporal at the Coquitlam detachment, testified that he wrote the request but that his claims were of "unknown reliability."

"You said Pickton was believed to be picking up prostitutes and apparently taking them to his home, where he killed them," commission counsel Art Vertlieb asked Conner.

SCREEN GRAB

▶ Retired Coquitlam RCMP Cpl. Mike Conner testifies at the Missing Women Commission of Inquiry Monday in Vancouver.

"Correct," Conner replied.

"There's a statement that the subject intimated that he disposes of bodies in a food grinder and feeds the remains," Vertlieb said, leaving his sentence unfinished.

Conner agreed.

The document also said Pickton had numerous female purses and identification on the farm that he apparently used as trophies.

Conner said he received the information from a source who had heard second-hand about the horror taking place on the farm.

"It needed to be considered and acted upon," Conner said of the information.

Evidence revealed much later at Pickton's trial proved the source was incredibly accurate, but the 30 days of police surveillance turned up no proof that Pickton was trolling Vancouver's Downtown Eastside for his victims, most of them sex-trade workers.

The inquiry — which is examining the police actions around the Pickton investigation — has already heard police missed several opportunities to stop Pickton but failed.

Pickton was convicted of killing six women, but the DNA of 33 women was found on his farm.

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26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.
4711 Kingsway
3855 Henning Dr.
3430 Brighton Ave.

Chilliwack
Cottonwood Mall
Eagle Landing
45300 Luckakuck Way
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.
2700B Barnet Hwy.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
Lynn Valley Centre
1295 Marine Dr.
1801 Lonsdale Ave.
1392 Main St.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre
12571 Bridgeport Rd.

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15325 Hwy. 10
15925 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre
North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

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Queen marks 60 years on throne

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and Gov. Gen. David Johnston present the Diamond Jubilee Medal to Darrell Fox, brother of Terry Fox, Monday.

SERVICE 'SO EXEMPLIFIED BY HER MAJESTY'

Canada kicked off celebrations with the presentation of 60 Diamond Jubilee medals.

- Gov. Gen. David Johnston and Prime Minister Stephen Harper presented the medals at a ceremony at Rideau Hall.
- About 60,000 Canadians are to receive the medal this year, in recognition of their work in their communities.
- But one province was overlooked at the ceremony: Newfoundland and Labrador. There were recipients from every other province and territory.

Monarch praised for quiet sense of duty ◐ Global accolades pouring in

Tributes poured in to Queen Elizabeth II on Monday as she marked her Diamond Jubilee with a message vowing to continue serving the British people.

Dressed in a Tiffany-blue hat and colourful overcoat against the winter cold, she was greeted by well-wishers in the snow-covered town of King's Lynn at an event planned to mark Accession Day, the anniversary of the day she became queen in 1952.

"I love that the monarchy is above politics, and feel that the Queen represents that best of all," said Laura Skrzynski, a long-time admirer of Elizabeth who joined the crowd of about 150 people applauding the Queen's arrival. "She stands for integrity and respect, and I am inspired by her faith. She has been a constant through all our lives."

Accession Day is usually marked quietly because it also marks the anniversary of the death of Elizabeth's father, King George VI. But it drew extra attention this year because of the milestone celebration.

THE ASSOCIATED PRESS

CHRIS RADBURN-WPA/POOL/GETTY IMAGES

▶ Queen Elizabeth II is greeted by wellwishers during a visit to Kings Lynn Town Hall in Norfolk, England, Monday.

$7.5M Ottawa has pledged $7.5 million to help fund four months' worth of commemorative activities.

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Judge finds Calgary man guilty of assaulting former roommate

JEREMY NOLAIS IN CALGARY

Calgary's Dustin Paxton savagely beat his former roommate and business partner to the point that it caused memory loss and forced him to perform sexual acts under the threat of further punishment, a judge has ruled.

The verdict, handed down by Justice Sheilah Martin on Monday, capped a more than four-month trial that included graphic descriptions of repeated assaults against Paxton's victim, whose identity is protected by a publication ban.

That individual was dropped off at a Regina hospital in April 2010 with blunt injuries to much of his body. He was an unhealthy 90 pounds at the time and continues to suffer from after-effects to this day, Martin said.

▶ Dustin Paxton

"I find the frequency, intensity and severity of the assaults grew over time," Martin said, noting the punishment took place over a period of 18 months.

Paxton's defence counsel refused to comment following court proceedings and it was unclear whether they intend to appeal.

Martin's findings, meanwhile, also served to absolve Calgary police investigators involved with the Paxton case. Defence counsel had claimed members coached witnesses and used signals to communicate with them during the trial.

MP moves to reopen abortion debate

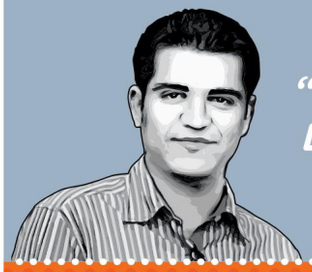
A backbench Tory MP is asking Parliament to study whether Canada's definition of a human being, which refers to birth, needs to be pushed back to include life in the womb.

Stephen Woodworth, a pro-life member representing Kitchener Centre, said today he has filed a motion in the House of Commons asking for a committee to study the issue.

Woodworth wants Canada to throw out its 400-year-old definition of a human being as someone who is born, saying medical evidence has shown that human beings are created sometime before birth.

Justice Minister Rob Nicholson immediately played down the move, saying the "prime minister has been very clear: our government will not reopen this debate."

THE CANADIAN PRESS



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While we always love to share student success stories, on occasion one really stands out, surprising even us. This year we want to recognize ***Marc Ramsey*** *for providing our student success story of the year. Marc hit the ground running when he started working with MMG last spring. He has completed three flips including a high-rise luxury condo and a house that has been fully rehab-ed. Even more impressive is his most recent accomplishment.Marc just purchased a 44 unit apartment complex with three separate buildings for a mere $150,000. Once the rehab is completed, Marc will still be under $500,000. This will give him a stabilized asset of one MILLION DOLLARS with a NOI of over $200,000 per year. We cannot express how proud we are of Marc's accomplishment and are thrilled that MMG was able to help him realize his financial dreams.*

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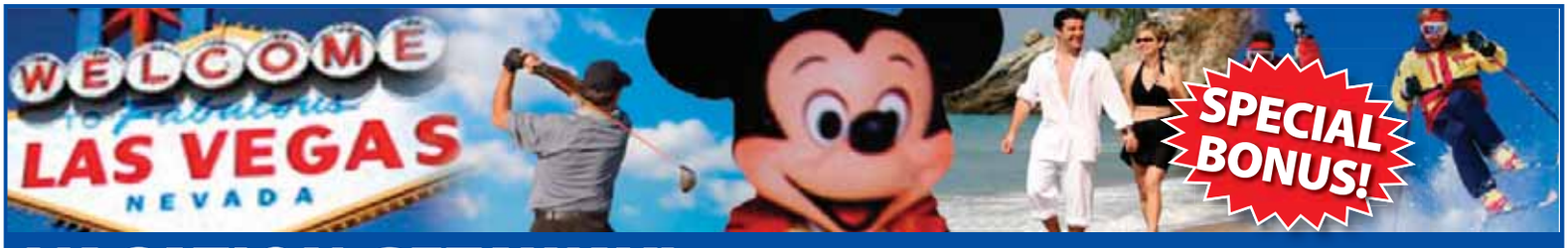
$31,800

Condo in Las Vegas
2 bed, 2 bath
Extreme Price Reduction
$34,000

Condo in Las Vegas
2 bed, 2 bath
Extreme Price Reduction
$29,900



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2 pm or 7 pm	10 am or 2 pm	10 am or 2 pm
MARRIOTT PINNACLE (DOWNTOWN)	**SHERATON VANCOUVER AIRPORT**	**SHERATON VANCOUVER GUILDFORD HOTEL**
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Crash leaves 11 dead in Ontario

Police say migrant workers were among those killed

A horrific collision between a flatbed truck and a large passenger van near a tiny hamlet in southwestern Ontario has killed 11 people and injured three others, provincial police confirmed Monday.

OPP Insp. Steve Porter said a large white van loaded with people believed to be migrant workers was travelling west when it was broadsided by the flatbed.

Ten of the passengers in the van were pronounced dead at the scene, he said, adding the driver of the truck was also killed.

Police said one survivor was airlifted to hospital in Hamilton with life-threatening injuries, while two others are being treated for serious injuries in nearby Stratford, Ont.

"I've been on the job for 28 years and I've never seen anything quite like this collision tonight," Porter told a news conference at the scene of the crash.

Porter said police believe many of the victims to be migrant workers, but offered no other details. Some reports said one of the survivors spoke Spanish.

OPP Sgt. David Rektor said the workers were travelling in a van equipped to carry 15 passengers safely. He said investigators believe driver error was behind the crash.

THE CANADIAN PRESS

Computer. Camp

▶ A participant checks his computer inside a tent at the camping area of the VI edition of the Campus Party event in Sao Paulo on Monday.

ANDRE PENNER/THE ASSOCIATED PRESS

Hackers, gamers, geeks unite!

The Campus Party is an annual, week-long, 24-hour technology festival that gathers around 7,000 hackers, developers, gamers and computer geeks. The event is held Feb. 6-12.

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China	1¢/min	Lebanon	7¢/min	Sri Lanka	9¢/min
Colombia	from 3¢/min	Mexico	from 1¢/min	Trinidad	4¢/min
Cuba	89¢/min	Pakistan	5¢/min	U.A.E	14¢/min
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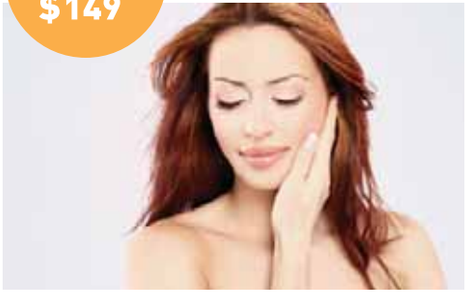

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Canada slips on economy: Analysts

Economists expect U.S. economic growth to outpace Canada's in 2012

MARK LENNIHAN/THE ASSOCIATED PRESS

▶ People talk with potential employers at a job fair sponsored by National Career Fairs in New York last December.

It's going to get harder for Prime Minister Stephen Harper and his ministers to keep boasting that Canada is No. 1 among economic rivals.

As the year unfolds, analysts say it will become increasingly apparent that Canada no longer leads the G7 in economic growth and job creation. An, it's the United States that's likely to relegate Canada to second place, if not third behind Germany.

Last week's employment reports indicated 2,300 jobs added in Canada in January versus 243,000 in the U.S. Even though Canada is one tenth the size of the U.S., that's still more than 10 times more jobs created.

In the fourth quarter of 2011, the U.S. posted a gross domestic product expansion of 2.8 per cent, while Canada's is projected to come in at 1.5 per cent with the tally from Statistics Canada. **THE CANADIAN PRESS**

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Market moment

TSX	Dollar	Oil	Natural gas	Gold
- 17.44 (12,559.85)	- 0.19¢ (100.45¢ US)	- 0.93¢ US ($96.91 US)	$2.55 US (+ 5¢ US)	$1,724.90 US (- $15.40 US)

PRICES AS OF 5 P.M. MONDAY

News in brief

ALVARO BARRIENTOS/THE ASSOCIATED PRESS

▶ Hunter Harrison

Railroad legend assures he can turn CP around

OVERHAUL. Railroad legend Hunter Harrison promises he won't disappoint if Canadian Pacific Railway Ltd. shareholders grant him the chance to an overhaul of the struggling railroad. The 67-year-old former CEO of rival Canadian National Railway said he will reduce costs, downsizing and managing fewer assets. **THE ASSOCIATED PRESS**

Amazon to pilot retail

PUBLISHING. Industry bloggers are reporting that Amazon.com is about to open a store in Seattle to test the waters for a retail launch. Michael Kozlowski, editor-in-chief of Good e-Reader, quoted "Amazon sources close to the situation" as saying the store would concentrate on "books from their growing line of Amazon Exclusives" as well as e-readers and tablets. **THE ASSOCIATED PRESS**

Snow village for Saudi mall

COMPETITION. Dubai's famed indoor ski slope is about to get some Gulf competition. Saudi developers say they plan a "snow village" inside a new mall in Riyadh, which is scheduled to open this year. **THE ASSOCIATED PRESS**

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Park Royal Shopping Centre
Richmond Centre
Seven Oaks Shopping Centre

HOW MUCH DO MARKS MATTER?

SHE SAYS ...

JESSICA NAPIER
METRO

The University of British Columbia recently announced that starting in the 2012-2013 academic year admission to the institution would no longer be dependent exclusively on grades. All applicants will be required to complete a supplementary questionnaire about their extracurricular activities and life experiences outside of the classroom.

The reasoning behind this decision is that the leaders of tomorrow (and source of future alumni donations) need to have interpersonal skills, not just book smarts, in order to succeed. Because we all know that, once you graduate, being able to network is far more important than knowing stuff.

As a closeted academic who still dreams of going back to school to do a PhD the way other people dream about early retirement, my initial reaction to this decision was one of total horror.

"Perhaps the move to a more holistic set of admission requirements isn't about 'dumbing down' post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse."

During my postgrad days I worked as a teaching assistant for an undergraduate marketing class. With every assignment I graded, I became more and more concerned about the lack of basic writing skills among the student body. I encountered so many spelling mistakes and grammatical errors that I began to question how some students had even managed to pass a high school English course. With this in mind, the last thing we need is for universities to begin experimenting with lowering their admission standards in the name of well-roundedness.

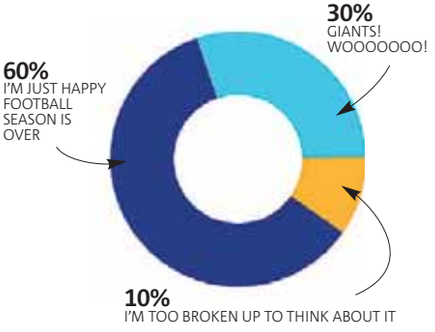
On the other hand, a culture of grade-chasing overachievers doesn't allow for the type of creative minds that we need in academia, business, the arts, medicine, law and so on. Perhaps the move to a more holistic set of admission requirements isn't about "dumbing down" post-secondary education, but about encouraging a student population that is more intellectually, socially and emotionally diverse. Then again, I'm not sure when being "smart" and being "sociable, physically active, compassionate, etc." became mutually exclusive.

I don't believe we should judge students on how well they can recite textbooks verbatim and memorize formulas. We should look at university as a place for breeding critical thinking and intellectual curiosity. Not only that, they are places for personal growth, blossoming independence and cultivating all those basic life skills you didn't figure out back when your parents were doing your laundry and cooking your meals.

That said, universities aren't grownup summer camps and they shouldn't be treated as such. More than anything, those four years are about higher education, and if you don't have the marks to get there how are you going to get the marks to stay there?

Register at metropolitanpanel.ca and take the quick poll

So how about that game on Sunday?



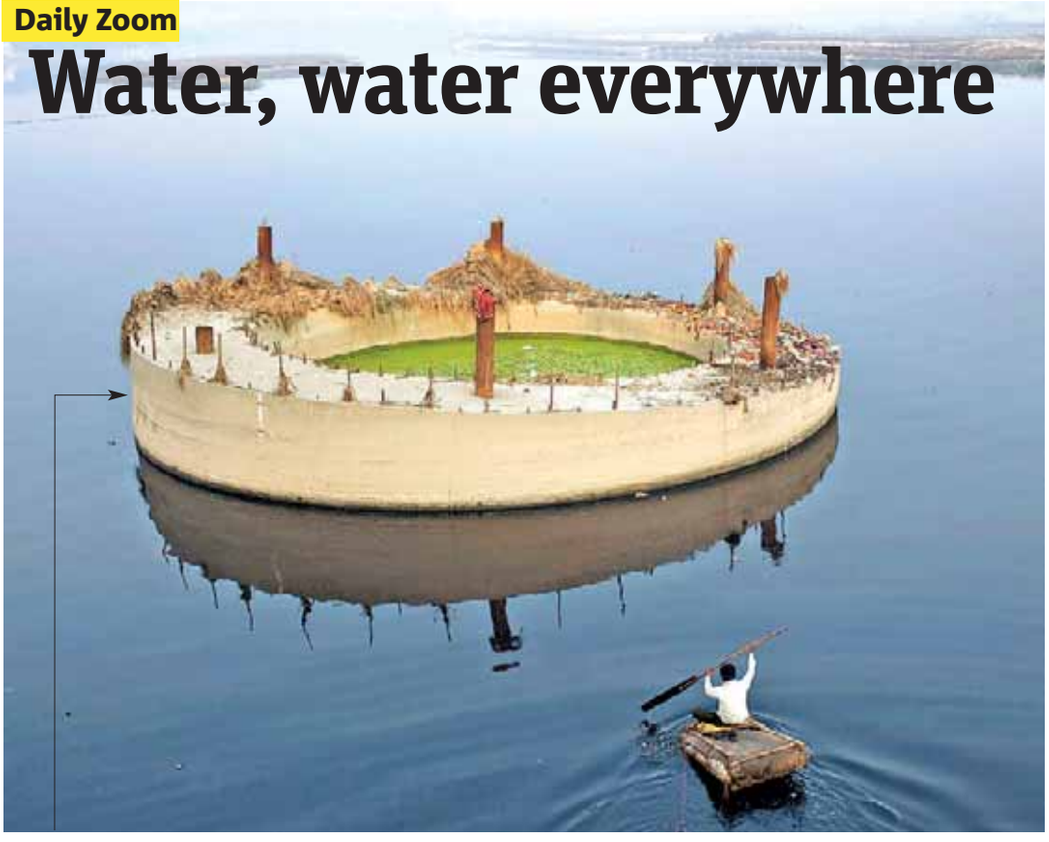
Local tweets

- **@CC_Vancouver:** Only in #Vancouver! Snowcapped mtns in the background too? RT @ksimm Just had a meeting on the beach! Love my job...
- **@Canucker:** "Haha, Vancouver riots when they lose!" "Haha, Boston riots no matter the outcome!"
- **@hitthepost:** Oh, Vancouver, you are such a vixen. I want to hate you but then you let the sun come out to play and bring me my friends without me asking.
- **@msmayyu:** #Vancouver is being Miss Universe these past few days. Absolute beauty. I will still love you when you cry :)
- **@Jessereid99:** @shirleybond please save the rio theatre! Vancouver needs movies!!!!
- **@RusticRootsPro:** Sad to hear what is going on with the Rio Theatre right now.
- **@DiddyBoo1:** $875K on pamphlet that ended up in the shredder & now, superbowl ads? Spendy people, these #bcliberals, but only when they benefit #bcpoli
- **@JodieEmery:** Seriously, our tax $ should go to health care/education, not needless prisons!

KEVIN FRAYER/THE ASSOCIATED PRESS

Daily Zoom

Water, water everywhere



J-stroking it

An Indian man paddles a raft to a concrete island, meant to be part of an overpass construction project but now derelict, as he searches for items to salvage in the holy River Yamuna in New Delhi on Monday. THE ASSOCIATED PRESS

Drying up

- Environmentalists say only 30 per cent of Yamuna's original river bed is left today. In 1962, the full river bed was visible in areas such as north Delhi, east Delhi and Noida, according to the Deccan Herald.

Nor any drop to drink

The Yamuna is one of the world's most polluted rivers while supplying more than 60 per cent of the water needed by the Delhi region.
THE ASSOCIATED PRESS

400X The level of total coliforms like fecal bacteria, which indicate presence of disease-causing bacteria in the water, are 400 times higher in New Delhi compared to tests performed upstream, a report says.

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CITY&SLOPE VANCOUVER'S NEWEST WINTER FESTIVAL FEB 9-12
illuminate yaletown FEBRUARY 10 + 11
BENNY BENASSI SANDER VAN DORN & ARTY FEBRUARY 11

KEEPING THE SPIRIT ALIVE

CITY AND SLOPE SEEKS TO RECREATE THE MAGIC OF THE 2010 WINTER OLYMPICS

Just in time for Valentine's Day, a new festival is set to fill the hole in Vancouverites' hearts left when the 2010 Winter Olympics ended. The event, called City and Slope, will celebrate the city's music and art, plus its top-notch ski hills, on Feb. 9-12.

"We wanted to come up with a festival that would bring the life back into Vancouver in February," explained Gregory Hegger, director of communication and partnerships at brand.LIVE, the event company producing City and Slope.

The festival takes advantage of Vancouver's uniquely short distance between downtown and the local ski hills.

Cypress Mountain will be hosting a Canada House for the festival to bring back the Olympic feel. On Feb. 11 and 12, Grouse Mountain will hold 24 Hours of Winter, where visitors can ski or snowboard all night long. And if you are looking for a reason to take out that 25-year-old neon ski suit, Mount Seymour will be holding an '80s retro day Feb. 12.

After visitors hit the slopes, they can hit the town. The festival will host musical performances including Italian electro house DJ Benny Benassi at the Vancouver Convention Centre.

And on the evenings of Feb. 10 and 11, Yaletown will light up with high-tech light art installations for the free Illuminate Yaletown festival.

"We wanted something for everyone. Whether you're an avid snowboarder, a music junkie, or into funky, different art installations," said Hegger.

The idea is to give visitors the full Vancouver experience so they can spend a full day or the whole weekend sampling what the city has to offer.

The Olympics were a great model to build on, said Hegger.

During the Winter Games, "you could feel that there was this pulse, this beat in the air, and you felt like you were the centre of the world for that moment. That's exactly what we're trying to recreate," he said.

Initiated by the Vancouver Hotel Destination Association, City and Slope brings Vancouver accommodations, venues, and attractions together to make ticket bundles that are diverse and affordable, Hegger said.

The eventual goal is to expand the annual festival into a 10-day "weekend-to-weekend" destination event, he said.

"We're very pleased with what we've been able to put together for Year 1." *– Stephanie Orford*

FESTIVAL INFO

WHAT: A fusion of skiing and snowboarding, music, art and entertainment, based in Vancouver.
WHEN: Feb. 9-12
WHERE: Grouse, Cypress and Seymour mountains, and downtown venues including the Vancouver Convention Centre and Venue.
COST: Get reduced-rate bundle packages for mountains, music, and accommodations, such as Benny Benassi tickets plus three nights accommodation downtown for $218.
TIX AND INFO AT: cityandslope.com.

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WHAT'S HAPPENING

ENTIRE EVENT PERIOD
• Neon Vancouver/Ugly Vancouver at the Museum of Vancouver, Tuesday to Sunday, 10 a.m. to 5 p.m., Thursday, 10 a.m. to 8 p.m.

THURSDAY, FEB. 9
• Illuminate Yaletown media, VIP launch from 6-8 p.m.

FRIDAY, FEB. 10
• Illuminate Yaletown, from 6-10 p.m., Mainland Street.
• Karv, presented by Mini Yaletown, from 6-10 p.m. at Bill Curtis Square.
• Canada Ski and Snowboard Festival — Cypress Mountain. For more, see cypressmountain.com/
• Alesso at Celebrities night club.
• Hey Ocean at Venue. Doors open at 7 p.m.
• Kevin Scott at Caprice Night Club.

SATURDAY, FEB. 11
• 24 Hours of Winter — Grouse Mountain (Saturday 9 a.m. to Sunday 10 p.m.).
• Illuminate Yaletown, from 6 p.m. to 10:30 p.m., Mainland Street.
• Karv, presented by Mini Yaletown, from 6-10 p.m. at Bill Curtis Square.
• Benny Benassi, from 7:30 p.m. to 1:30 a.m. at the Vancouver Convention Centre.
• KO at Venue (Doors open at 7 p.m.).
• Dave Aude at Caprice Night Club.
• Official VCC After Party at Celebrities Night Club.

SUNDAY, FEB. 12
• MT Seymour '86 — Mount Seymour (9:30 a.m. to 3:30 p.m.).
• 24 Hours of Winter — Grouse Mountain (Saturday 9 a.m. to Sunday 10 p.m.).

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AMES AT CYPRESS MOUNTAIN HEAD BACK TO THE 80'S WITH MT SEYMOUR
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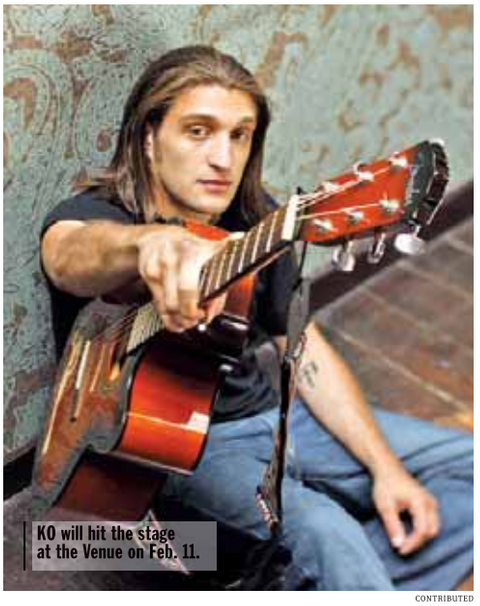
ROCKIN' & KARVIN'

MUSIC AND ICE CARVING COMPETITION EXHIBITION

MUSICAL PERFORMANCES DURING CITY AND SLOPE IN PARTNERSHIP WITH BLUEPRINT PRODUCTION:

- Hey Ocean — Friday, Feb. 10, at Venue.
- Alesso — Friday, Feb. 10, at Celebrities.
- KO — Saturday, Feb. 11, at Venue.
- Kevin Scott — Friday , Feb. 10, at Caprice.
- Dave Aude — Saturday, Feb. 11, at Caprice.
- Benny Benassi, Sandor Van Doorn and Arty — Saturday, Feb. 11, at Vancouver Convention Centre.

Benny Benassi will play the Vancouver Convention Centre on Feb. 11.



KO will hit the stage at the Venue on Feb. 11.

CONTRIBUTED

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KARV, PRESENTED BY MINI YALETOWN

- Features a daylong ice carving competition located at Yaletown Park.
- Karv is an exhibition of ice carvings and sculptures that explore the concept of water, fire, ice and the refraction of light.
- Sculptors will have a pre-determined time to create their work within public view.
- The daylong show will culminate in a final reveal, incorporating music and illumination.
- Karv is designed and created by internationally renowned ice artist Kevin Roscoe and his Seattle team.

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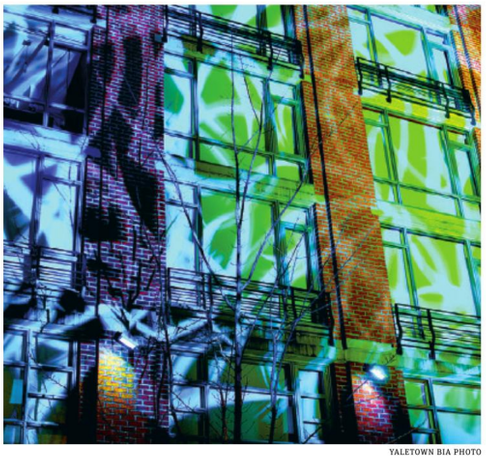

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TRIP THE LIGHT FANTASTIC

AT ILLUMINATE YALETOWN

Cultures around the world have long raised their spirits in the dead of winter with festivals of light, and Vancouver is no exception — except we like it high-tech. Feb. 10 and 11, locals will get their chance to trip the light fantastic at Illuminate Yaletown.

In its third year, Illuminate Yaletown is an outdoor public festival with a rainbow of stunning light art installations, said Paul Runnals, an owner of event company brand.LIVE and executive producer of Illuminate.

"We're trying to engage as many of the facets of the interesting people who do light in the city," he explained.

INTERACTIVE ART

WHAT: An outdoor festival of high-tech and interactive light art by more than 20 artists and groups.
WHEN: Feb. 10 and 11, 6 10 p.m.
WHERE: Along Mainland Street in Yaletown between Nelson Street and Davie Street (Mainland will be closed to vehicle traffic).
COST: Free.
INFO AT: yaletowninfo.com and cityandslope.ca.

Outdoor displays will include high-tech projection mapping, a technique in which an artist creates 3-D or 2-D graphics that conform to the shape of a building to match its architectural features.

When they are projected, the graphics can make the building appear as if it were moving, changing colours, or having objects falling on it or appear out of it, explained Shaun August, a creative director of Illuminate.

"We think it's a great medium and we'd just love to see more of it around," he said.

Visitors will be able to interact with it, too, including unique light art that reacts to voice and touch.

Brand.LIVE will host an exhibit in which a Microsoft Kinect camera allows visitors to control large-scale lights with their bodies.

Visitors can also try using light graffiti to draw on a building via touchscreen, display their illustrations on the wheels of a bicycle using an optical illusion called persistence of vision, or have their tweets projected on the giant Twitter Fall Wall.

– Stephanie Orford

Vowing to stay true to roles

Rising actor Channing Tatum initially turned down the lead in new romantic drama

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

HANDOUT

▶ Actor Channing Tatum, left, stars with Rachel McAdams in The Vow, based on the real-life story of a couple trying to rebuild their relationship after a car accident robs the wife of her memories.

Director Michael Sucsy isn't afraid to admit that Channing Tatum initially passed on his lead role in The Vow, his new romantic drama based on a true story co-starring Rachel McAdams.

The film follows Leo and Paige, a couple trying to rebuild their relationship after a car accident robs Paige of her memories — including those of her husband. So what was so wrong with the project, according to Tatum?

"When I read the first version of the script, it felt like Leo was just too great. He was too good, too perfect. He was so understanding that I didn't believe him as a real person," Tatum says, adding that he had trouble connecting with the character. "I wish I could say I'd be that understanding," he says. "I think it would be more frustrating."

So how did Sucsy lure his leading man back to the project? Having McAdams on board didn't hurt.

"As soon as I heard that she was on it, I was like, 'I'm in,'" Tatum admits — but first they had to make some changes to his character.

"We tried to put more frustration in there," he says. "I think you would have to swallow so much, and that's what we were trying to do with Leo. I even wish we'd have went a little step further with it, but I think it might've been too heavy."

Of course, they could always refer back to Kim and Krickitt Carpenter, the real-life couple on whose story The Vow is based.

But the Carpenters made Tatum more nervous than anything else: "I was worried. I was nervous to meet [Krickitt] because I didn't want him to hate what I was doing with their story," he says. "But they were so positive. I think they were just so thankful that their story was going to be out there — or a version of it."

Speaking of real-life situations, part of Tatum's own life will be hitting theatres later this year with Stephen Soderbergh's Magic Mike, which the actor co-wrote, focusing on a particularly revealing part of his young life.

"I was a stripper for about eight months between 18 and 19 years of age in Florida," Tatum says. "It's a part of my life that I'm not so proud of, but I'm not ashamed of it. If anything, I will stand by it because it was one of the most pivotal parts of my entire life. It was crazy."

It's also the kind of personal history most A-list stars would try to cover up — something Tatum admits he was pressured to do at first.

"[My publicist] was like, 'No no no, we're not saying anything about it,'" he says. "I'm like, 'Look, it's going to come out, I'm telling you. We should just say it, because I'm not ashamed of it. I'm telling you we should talk about this because I think it's hilarious, and I'm not afraid to talk about it.' I will tell you, though, after the film comes out I will never talk about it again. I'll be like, 'Enough said, watch the movie.'"

Ad advantage

- An acting career — and a clearly successful one at that — likely wouldn't have happened for Channing Tatum if it hadn't been for one visionary director.
- "I just fell into this Pepsi commercial that was directed by [renowned Indian director] Tarsem, and it was such a fun experience," Tatum says. "It was one of those moments when I was like, 'Oh my God, this is everything I've ever wanted to do.'"

2 scene

Ellen's in

JC Penney continues to support their decision for hiring Ellen DeGeneres as the spokesperson despite an outcry from the One Million Moms group.
What do you think? By supporting an openly gay woman, is JC Penney taking sides in the "culture war"? Or are they just supporting a popular comedian?
METRO

Best new artist Grammy nominee J. Cole has gold album, platinum single, but wants more

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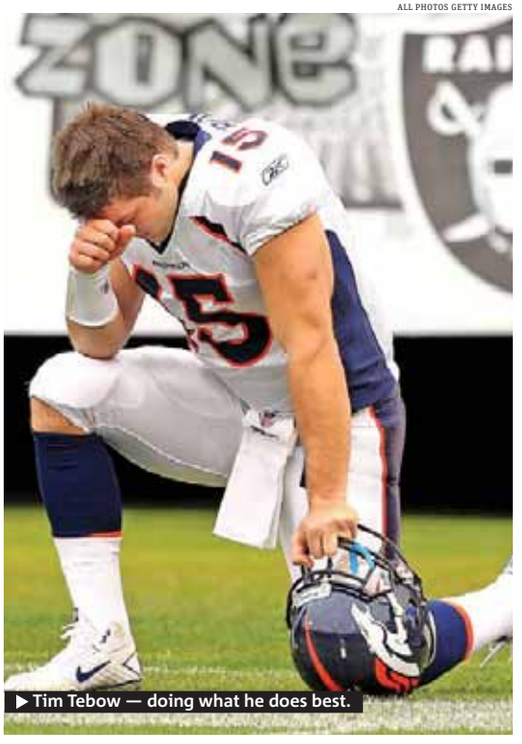
Katy Perry and Tim Tebow... a match made in heaven?

Newly single singer dedicates a song to the football player at a pre-Super Bowl party Perry's parents want a 'good Christian' man for their daughter

ALL PHOTOS GETTY IMAGES


Tim Tebow — doing what he does best.

Katy Perry

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Katy Perry made her first U.S. concert appearance since husband Russell Brand filed for divorce, playing a pre-Super Bowl party in Indianapolis, according to People magazine.

And while she made no mention of Brand, she did apparently have another guy on her mind: "This one goes out to Tim Tebow," she said before playing her song Peacock.

It was previously reported that Perry's religious parents were eager to set their newly single daughter up with the football player because "above all, he's a good Christian."

If you need a rebound who is the exact opposite of your soon-to-be ex-husband, Tim Tebow is probably it.

Harrelson jumps into hot water

Woody Harrelson got off on the wrong foot with some online fans when he participated in an Ask Me Anything chat session with Web forum Reddit — but then tried to keep the conversation about his new movie, Rampart, and citing his time being "valuable" as the reason for the focus.

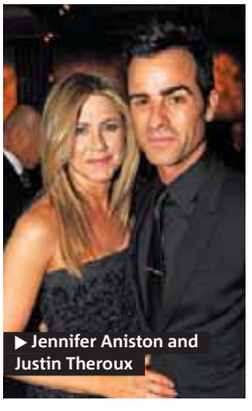
"This isn't The Tonight Show and I'm not buying your bulls—," one chat participant snapped aback. "It was too bad you couldn't just open up to your fans with honest answers instead of peddling your latest movie. Oh well, I'll just assume some clueless PR person convinced you to do this (assuming this is even you)." METRO

Woody Harrelson

Aniston and Theroux all lovey-dovey

Jennifer Aniston and Justin Theroux's romance appears to be going strong, as the pair were spotted over the weekend sharing a "snuggly" dinner at the Sunset Tower in Beverly Hills.

"They looked really happy," a source tells People magazine. "They were so cute, and when they were walking out he put his arm around her." Aniston's reps haven't commented on earlier reports that she's pregnant with Theroux's child. METRO


Jennifer Aniston and Justin Theroux

Celebrity tweets

@kylieminogue
Dear London, my fingertips are freezing....bbbrrrrrRR

@NathanFillion
When singing Happy Birthday, start low. It's a high song, and starting too high guarantees it'll sound like no one cares.

@lindsaylohan
419 Venice way is on the market!! Anyone looking in Venice should see it ASAP because offers are coming in :)

@JerrySeinfeld
The Chocolate Pop Tart was an act of Kelloggs terrorism. #Justwrong

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Dermal LASER CENTRES

The last great couturier

Iconic designer Karl Lagerfeld refuses to be defined Now 73, he drinks Diet Coke, quotes Percy Bysshe Shelley and, with two new lines, still makes women clamour for his clothes

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It's 5 p.m., and Karl Lagerfeld was due to arrive at 3:30 p.m. So his press team and I, sitting in his private office on Paris' Left Bank, munch on Magnum Ice Cream bars, a brand for which he's directed commercials.

A staffer offers me a pink bottle of Diet Coke emblazoned with a miniature ponytailed Lagerfeld and designed by the man himself. I pour the soda into a sleek, cube-shaped Orrefors glass created by, you guessed it, and then sip my drink underneath a giant crystal antique chandelier.

Finally, Lagerfeld arrives looking impenetrable in dark glasses and leather, but he has the sniffles. Welcome to Karl's world, a contradictory mixture of the old-fashioned and thoroughly modern, the rarefied and the mass market, the untouchable and surprisingly vulnerable.

You're about to re-launch your Karl Lagerfeld brand as two collections, both of which will be sold online and one of which is very affordable. Why now?
These days, it's much easier to use decent fabrics for not so much money. Really great. When I did H&M, which was already seven years ago — I cannot believe it — I had a kind of appeal for people who buy inexpensive.

I don't say cheap because people are cheap, but clothes are not supposed to be cheap — they are supposed to be well designed and not expensive.

There's a very big difference, ah? So [the Karl Lagerfeld launch] has the top and the top of the inexpensive. I don't say low because there is nothing low.

When I did H&M, everyone said don't do it. And it worked. When I took over Chanel, everyone said to me, don't do it, it's dead, it doesn't work. It worked beyond. So I better not listen to people and follow only my instincts.

Do you spend a lot of time on the Internet?
Yes. I spend a lot of time — no, time passes so quickly that nothing is ever a lot of time.

Do you ever shop online?
Not personally.... I don't do the Internet myself but everyone around me does it for me. And if I want to buy, I buy things from the Internet but it's not me personally. I don't give the number of my credit card and all those things.

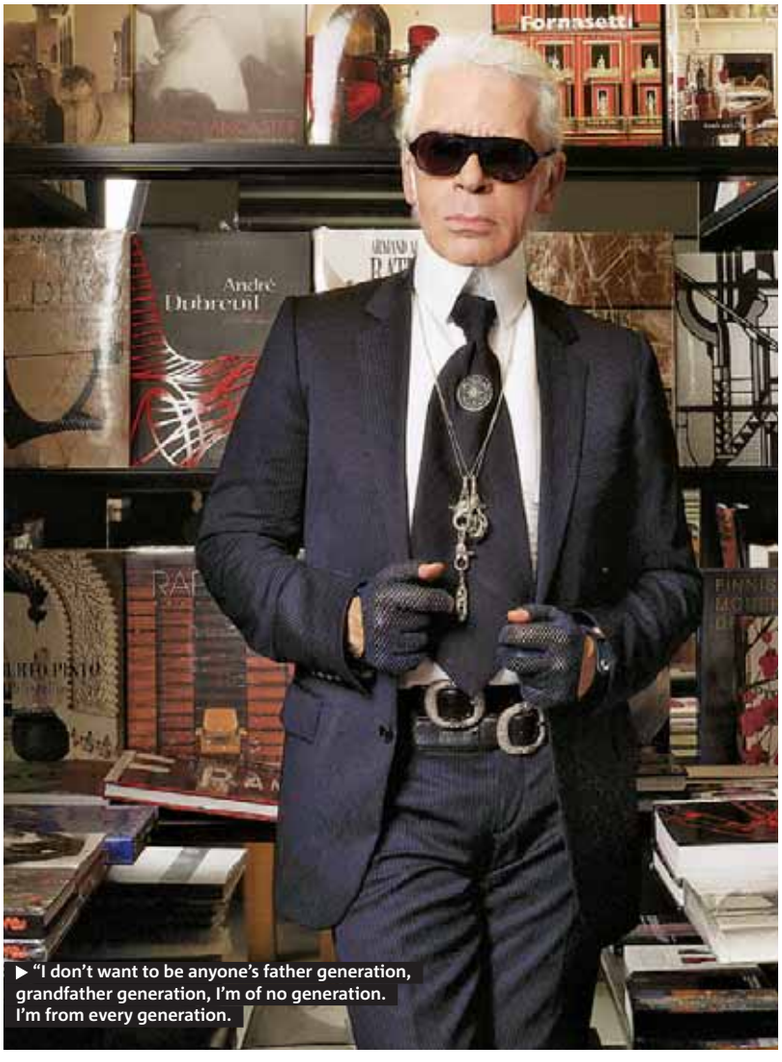
What is your response, to people who say you do too many collaborations?
I couldn't care less. It depends if I know the people. If unknown people say this, they should send me a note and explain why. The limit is up to me to decide.

You're known for constantly moving forward and really capturing the now. But are there any moments from the past that you hold dear?
I'm not a vintage specialist. For nothing. Not for my life, not for my work, for nothing. I have no archives. Maybe the houses keep archives. I have nothing. I'm not interested in what I did. I'm just interested in what I'm doing, what can be inspired.

You've influenced many people. Who has influenced you?
You know, don't put influence into words. Influence has another name and that's called copying. It's in the air, I don't know. I'm like a TV antenna.

Do you watch a lot of TV?
I like to be on TV but I don't watch TV. I have no time for that.... When I'm at home alone, I hate voices. I like music or singing, but I hate voices and stories. It has the feeling that they enter my life. I love to be alone to read, to sketch with music, but I don't like ready-made images. I prefer to live on my imagination.

KARL LAGERFELD



▶ "I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation.

When was the last time you were in love?
I don't know. I like freedom.

Do you find relationships too constricting?
Relationships happen for everybody, it can never be a problem. But it's not really my main thing.

If you had a child or a pupil or someone who you had to pass down words to live by, what would you pass down?
That's why I don't have children, mmm? There's nothing to pass down because everybody has to invent his own thing. I don't believe very much in this because what I learned, saw, and all that happened in other periods, and the world is different now.

I have a godson, who is small, three-and-a-half years old. Genius. He's got real personality and his parents have no authority. He loves clothes. He wants everything like me. He sleeps with his gloves and goes to school with black glasses on. It's so funny.

But I believe you have to find your own way. What I hate about children is that they put you in a generation mode. I don't want to be anyone's father generation, grandfather generation, I'm of no generation. I'm from every generation.

Have you ever had a pet?
Yes, but they die so I don't like them. The drama is I had two I really liked and after they died I don't want another one. That's too depressing.

Are you afraid of death?
I couldn't care less. [Percy Bysshe] Shelley said death may be a waking up from the dream of life.

But if you ask me, I think it's like a sleep where you don't wake up. You don't remember before, you don't remember after. The only thing is I don't want to be seen dead. So anyway, over, over. The battery is finished, huh, puff.

3 life

Get more Karl

Want more Karl Lagerfeld? Visit metronews.ca to read about some of the fashion legend's muses, including Florence Welch, Edgar Ramirez and Azealia Banks.

Lagerfeld also gives us a look inside his personal office, and provides an insider's guide to his home base, Paris.

You can also watch Lagerfeld as he spends a day in our Metro Paris office, where he acted as guest editor-in-chief for a day.

METRO

Scan this code for more Karl Lagerfeld content, or visit us at metronews.ca/karl

Put down that diet pop

New study shows drinking diet drinks put you at greater risk of heart attack, stroke and disease

CELIA MILNE
LIFE@METRONEWS.CA

Switching to diet pop? Be careful.

A new study has found that drinking a diet soft drink every day can put you at increased risk of heart attack, stroke, heart failure and vascular death.

"It certainly wouldn't hurt to cut down, as you wouldn't be missing any important nutrients in your diet," Hannah Gardener, lead author of the paper and a scientist at the University of Miami, told Metro in a phone interview.

Gardener, along with colleagues from Miami and Columbia University in New York, analysed the eating and drinking habits of 2,564 people who had enrolled in the Northern Manhattan Study.

Over the 10 years of the study, researchers found a 43 per cent higher risk for heart attack, stroke and vascular death in those who drank diet soda daily, compared to those who drank none.

The study took into account confounding factors such as BMI, intake of fat and calories, and pre-existing illnesses.

Interestingly, people who occasionally drank diet pop or who drank regular sugary pop were not more likely to suffer from vascular events in this study.

Gardener was cautious in her advice about diet pop.

"I don't think people need to stop drinking it," she says.

"It's only one study. More research is needed."

ISTOCK PHOTO

▶ Artificially sweetened drinks are not a healthy alternative of regular drinks, a new study shows.

But she did add there is absolutely no harm in cutting back.

The research appeared in the Journal of General Internal Medicine.

The bottom line?

Keep in mind that artificially sweetened soft drinks might not be a healthier alternative to regular pop, as the long-term health effects remain unclear.

Drinking pop

Why would drinking lots of diet pop be linked with heart problems? It's still a mystery.

Increased risk Researchers in Miami found that drinking diet pop every day does seem to increase your risk of stroke, heart attack, heart failure and vascular events, but they didn't know why. They offered two possible reasons: One is that when you drink something artificially sweetened, it confuses your body, which then craves more calories. Another is that the caramel colouring in diet pop causes a slight chemical aging in the body. It has been linked to the disease multiple sclerosis.

Chocolate king does killer sandwiches

Thomas Haas is one of this year's 15 Hot Chocolate Festival participants Try a gourmet sandwich on walnut bread

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

There's delicious ... and then there's delicious. If you've stepped foot into one of Thomas Haas' two cafés, you know that he consistently falls into the latter of these two entirely different categories.

When faced with a challenge, Vancouver's chocolate king lacks no gumption. Haas is a part of the 2nd Annual Hot Chocolate Festival (Jan.14 to Feb. 14) and he's stepped up to the plate, as usual. His offering is so ridiculously mouthwatering that it commands the spotlight: hot chocolate with whipped cream, caramel, a sprinkling of fleur de sel, and hot-out-of-the-oven Sparkle Cookies. The good news for lunch-goers is Thomas' heartwarming treat pairs perfectly with one of his decadent sandwiches.

How about a Portobello Mushroom on incredible, olive oil-drizzled organic walnut bread, riddled with chunks of nuts? Plenty of Gruyère, roasted red peppers and a handful of merlot-marinated portobello mushrooms (bearing the consistency of a buttery burrata) are its exquisite fillings.

Head to cityfood.com for full festival details.

ERIN IRELAND

▶ Portobello Mushroom Sandwich, hot chocolate and Sparkle Cookies.

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Why keep up with the Joneses?

- Have your very good manners made you house poor?
- Stop trying to keep up appearances and get out of debt

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

According to a survey released last week by ComFree, 40 per cent of Canadians are very hesitant to talk about their personal financial situation because it isn't 'polite,' especially when it comes to home ownership.

The majority stated that they'd prefer to maintain their current outward perception of net worth. Sadly, keeping up with the Joneses is one of the major reasons Canadians wind up house poor.

Home poverty is when after paying a mortgage and household bills, there's little money left over for other things like groceries, RRSP contributions, home maintenance, car repairs and vacations. To get out of it, home owners must increase their cash flow by cutting back spending.

If you're running a negative bank balance for more than three months because of your home, you're in financial trouble and must make major cash-flow adjustments. March over to the bank immediately and consolidate your loans and credit cards to take advantage of low interest rates and more affordable monthly repayment options. Cancel unnecessary monthly expenses like club or gym memberships, dinners out, souped-up cellphone and cable packages, iTune downloads and nail/hair appointments.

"Politeness and maintaining a perception of wealth have no place in healthy personal finances."

If you're guilty of splurging on your kids, stop and explain to them that you need to save money. Get a roommate and lease out your parking stall. If you've got two vehicles, sell one and share the other with your partner, or get rid of your car permanently.

If you can't get out of the red, you may need to sell your home, buy a smaller more affordable one, or rent for a while. The top three ways to save major money when selling a home are to price it correctly, negotiate to maximize the home's value and consider selling through a commission-free listing service like ComFree.

And the top three ways to save major money when buying a home are to recognize a good deal, buy within your means, and use a mortgage broker to get a rock-bottom interest rate.

Politeness and maintaining a perception of wealth have no place in healthy personal finances. By talking about our finances and getting advice from qualified professionals, Canadians can be more realistic about building their net worth, which includes affordable home ownership.

ISTOCK

▶ Home owners often have to increase their cash flow by cutting back on spending.

The dangers that lurk in the saliva of narcissistic men

CASSANDRA GARRISON
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

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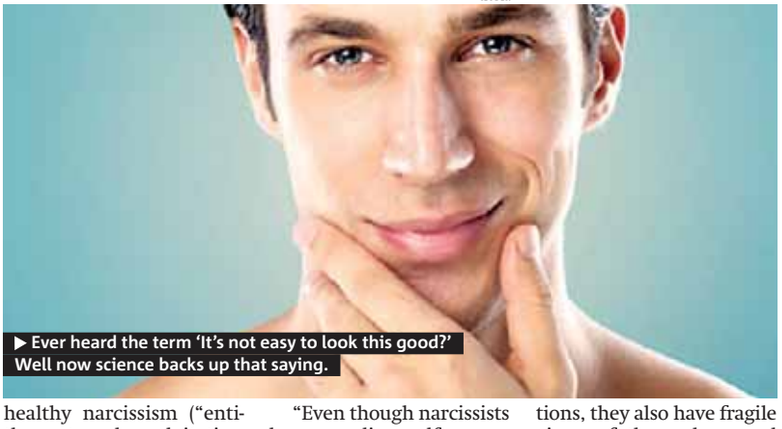

▶ Ever heard the term 'It's not easy to look this good?' Well now science backs up that saying.

Are you a guy who sneaks a peek at yourself as you pass a reflective store front? Do you stare at your own Facebook profile more than you look at other people's? Are you always thinking of better versions of your friends' jokes that you would have told?

You, sir, are a narcissist, but you better watch out! New research shows narcissism might actually be bad for your health — in the form of toxic drool that so often spills from your mouth whilst thinking of yourself!

According to Live Science, researchers interviewed 106 young men and women, asking them all kinds of questions about how they perceive themselves.

Then the researchers split their traits in two different categories: Unhealthy narcissism ("entitlement and exploitativeness") and healthy narcissism ("authority, superiority, vanity and self-sufficiency").

They found young men who have more unhealthy narcissism to produce higher levels of cortisol, a stress-related hormone, in their saliva.

That could indicate that narcissists (the unhealthy kind) could be more prone to stress-related health issues like cardiovascular problems.

"Even though narcissists have grandiose self-perceptions, they also have fragile views of themselves, and often resort to defensive strategies like aggression when their sense of superiority is threatened," said study researcher David Reinhard.

"These kinds of coping strategies are linked with increased cardiovascular reactivity to stress and higher blood pressure, so it makes sense that higher levels of maladaptive narcissism would contribute to highly reactive stress response systems and chronically elevated levels of stress."

"See? It's not easy to look this good. People don't even know the stress we have to deal with," said narcissists everywhere upon hearing the news.

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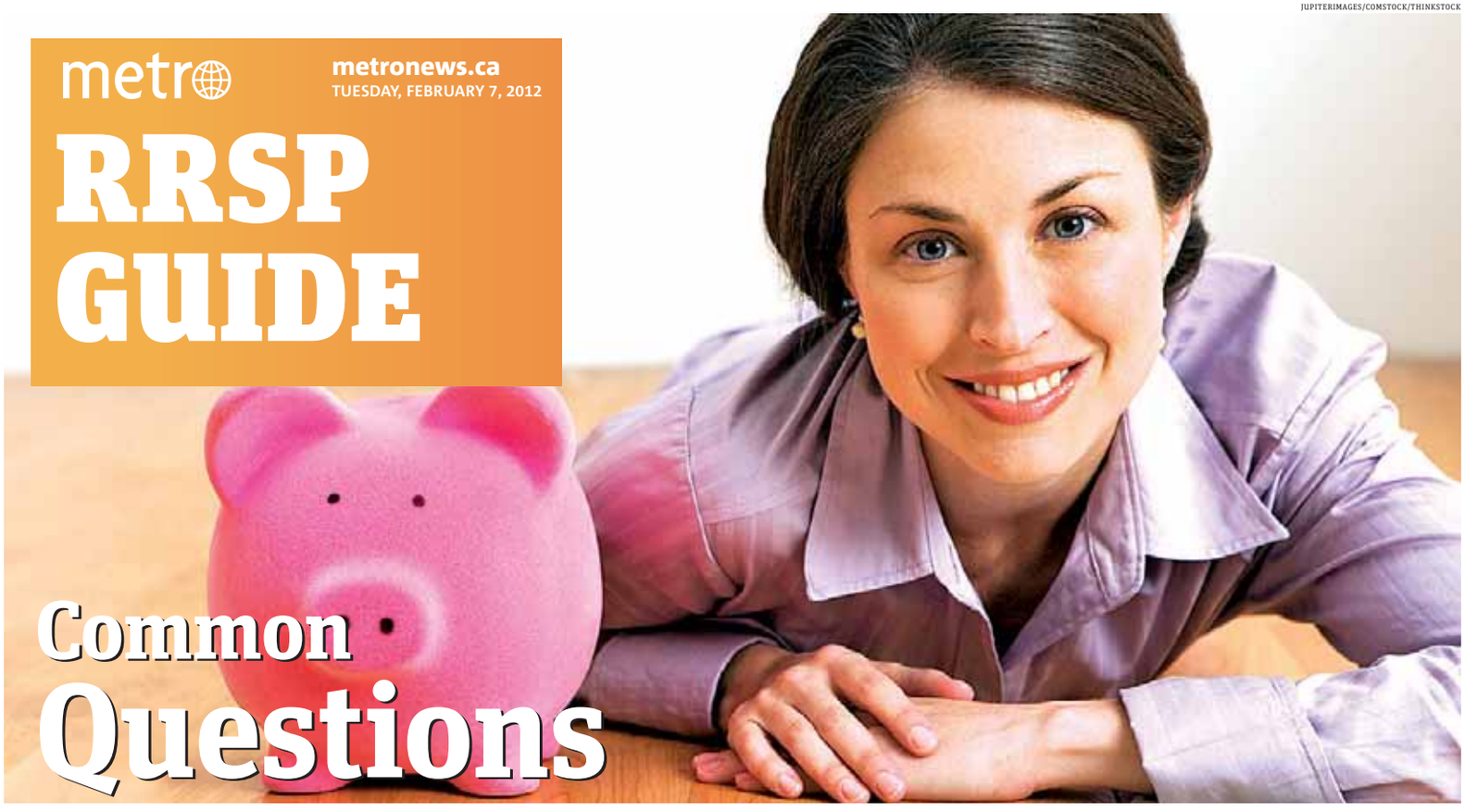
RRSP GUIDE



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Common Questions

Why should you contribute to an RRSP? Can I use RRSPs to buy a house? What's the best type of RRSP fund?

JANE DOUCET
FOR METRO

If you're not exactly sure what a registered retirement savings plan is, you're not alone. "Even though RRSPs have been around since 1957, there's still some confusion surrounding them," says Paul Lermitte, a Vancouver-based certified financial planner with Assante Wealth Management. Here, Lermitte answers the following common RRSP questions:

Why should I contribute to an RRSP? One important reason is that RRSPs will help you save for retirement. An added benefit is that if you are in a mid-range to high tax bracket, contributing annually to an RRSP will give you a tax break each year.

"If you're in a lower tax bracket—say, anything below $35,000 annual gross — you might be better off putting your money in a tax-free savings account," says Lermitte.

Can I use my RRSPs to buy a house? Yes — but you have to be considered a first-time homebuyer. If you meet those requirements, under a federal government program called the Home Buyers' Plan, you can withdraw up to $25,000 from your RRSPs in one calendar year to help finance a house purchase. "Generally, you have to repay all withdrawals to your RRSPs within a period of no more than 15 years until the balance is zero," says Lermitte.

What's the best type of RRSP fund? "Don't go for 100 per cent bonds or 100 per cent equities," says Lermitte. "The volatility will be too harsh." If you are working with a certified financial planner, ask them to put your money in what's called a "balanced fund."

With the downturn in global markets, are RRSPs a wise investment? "They are absolutely still a smart investment option," says Lermitte. "When the markets are volatile, it's important to stay the course." Try to contribute to an RRSP every year — and to push yourself to funnel more money into it each year than you did the previous year.

The entire concept of retirement is changing

If hindsight is 20/20, no one would make mistakes — including RRSP missteps. Now, more than ever, it's important to invest wisely.

"The whole concept of retirement is changing," says Greg Pollock, the president and CEO of Toronto-based Advocis, The Financial Advisors Association of Canada.

Experts predict that in the coming years, more retirees will work part time or venture into self-employment, some because they want to and others to make ends meet. Even if you enjoy working, you will likely want to — or have to — stop at some point.

If you don't want to be invited late to your own retirement party, try to avoid making these RRSP mistakes:

Don't wait too long to start. Even if all you can afford to sock away is $25 per month in your 20s. "Most people don't start thinking about retirement investing until they're in their mid-40s," says Pollock.

"That's too late." To get the best RRSP returns, you need to take advantage of compound interest over several decades.

Don't misjudge how much you will need. "Underestimating how long you think you'll live can result in a savings shortfall," says Pollock. Paint a clear picture of how you envision retirement. Do you want to travel in Europe in your 60s? Or simply not worry about covering the rent in your 70s and beyond?

Don't invest while drowning in debt. Saddled with student loans or credit card debt? "It's best to pay down all or as much as you can before you start contributing to RRSPs," advises Pollock. JANE DOUCET

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Be methodical with your contributions

YLVA VAN BUUREN
FOR METRO

Do you hear the clock ticking ... time is running out if you intend to contribute to an RRSP.

The deadline for contributing and using it on your 2011 income tax return is Feb. 29, 2012. The deadline, usually March 1, is different because it's a leap year.

What is also different this year is the slight increase in the amount you can contribute. For 2012, the contribution limit is 18 per cent of your income in 2011 to a maximum of $22,970.

The federal government introduced RRSPs in 1957 to encourage Canadians to save for retirement.

The biggest benefit is the immediate tax savings, says David Gillan, vice-president of T.E. Wealth. "You get a tax deduction for the year that you put it in." Your total income is reduced by the amount you invest in your RRSP. That means you pay less tax and are left with more of the money you earned, says Gillan.

"RRSPs are also a good savings plan ... they keep you disciplined," says Jillian Bryan, an investment adviser at TD Waterhouse, Vancouver. If you are paying into a plan like this, it's hard to pull the money out and you will be less likely to do so.

Furthermore, every dollar grows without attracting any tax through its accumulation, says Richard McKenster, spokesperson for Advocis (the Financial Advisors Association of Canada), Halifax. "If the fund earned six per cent, the fund earned six per cent."

In most cases (and this is where a financial planner can help), you will be in a lower tax bracket when you are retired and, as a result, the "income" from your RRSPs will be taxed at a lower percentage rate.

Keep in mind that if you have a spouse, says Bryan, you can set up a spousal RSP and income split with the higher income earning spouse. Again, you will save because of the lower tax bracket.

RETIREMENT PLANNING

Retirement planning is a continuum, says McKenster of ADOCIS, beginning when you finish school and continuing through your working life. "It's all about at some point cashing out and retiring and using income from investments rather than earned income."

"And it's not that painful when you're methodical about contributing," says Bryan. "If you don't want to do a budget, then just pay yourself first (take 10 per cent however often you get paid) and make sure you are maximizing your contribution."

The earlier you start, the richer the whole process becomes.

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Make the most from your money

Don't wait until the last minute to contribute to your RRSP fund

YLVA VAN BUUREN
FOR METRO

JUPITERIMAGES/BANANASTOC/THINKSTOCK

Are you one of those people who scramble every February to make an RRSP contribution before the end of the month?

While that scenario is definitely better than not contributing at all, experts point out that you are not getting the most out of your money.

David Gillan, vice-president, T.E. Wealth, says what a lot of people do is either deposit the lump sum based on what they can contribute or how much they have to put in to break even and not pay any taxes. But they often wait until the end of February.

"Ideally, we'd like to take a lump sum and put it in Jan. 1 of each year," he says. "That way the money is in there and starting to grow tax free for you."

Of course, most experts recommend contributing a certain amount of money to your RRSP every month. "As markets move up and down through the year," says Gillan, "at the end of the year it should average out to be a better return for you overall because you're not just lump-summing it."

Even better, you will have a retirement savings plan in place.

Should you take a loan for your RRSP?

Many people do. Since the RRSP loan itself is the security, when banks lend out money for an RRSP it's generally only a one-year term. You just have to make sure whatever you are borrowing to put into your RRSP you can pay back every month. And you should still be able to make your current RRSP monthly contribution.

Also, remember that you don't get to write off that interest because you are using it to put into a RRSP.

SAVINGS PLAN

"The rule of thumb keeps changing," says Gillan, "but we always say for every dollar you need in retirement, you need to put away about $20 in savings."

That's based on 30 years of retirement income as well as three per cent inflation and an optimistic return of seven per cent overall.

Be sure to work with a financial adviser who will review your entire portfolio with you.

Investment options are growing with the TFSA

SMART INVESTING

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The tax-free savings account (TFSA) offers Canadians a significant opportunity to develop a tax-free income and is another retirement planning option to the older and better-known registered retirement savings plan (RRSP).

"People should definitely not overlook the TFSA because it provides a significant opportunity to build a tax-free income," says Dave Ablett, director of tax and retirement planning with Investors Group.

Since they became available in 2009, about 6.7 million Canadians have opened TFSA accounts, which now have total assets of about $43 billion.

The TFSA allows holders to contribute up to $5,000 per year.

Unlike RRSPs, there is no tax deduction for contributions to a TFSA. RRSP contributions are deductible and reduce your income for tax purposes. However, the money you contribute to your TFSA and growth through interest, dividends or capital gains are not taxable, except for any foreign tax on foreign investments. As well, your withdrawals are tax free.

Money in a TFSA can be invested in the same instruments as an RRSP such as stocks, bonds, GICs and mutual funds. Any unused contribution room can be carried forward, and if you withdraw money in one year from the account, you are allowed to put it back, but only in the year after it is withdrawn.

The TFSA has a number of benefits, particularly for seniors.

Money from a TFSA is excluded from income-tested benefits and tax credits such as the GST credit and the Old Age Security and the Guaranteed Income Supplement and will not reduce those benefits.

Unlike an RRSP, you can contribute to a TFSA after the age of 71.

As well, you can pass on your TFSA when you die.

Only a spouse or common-law partner can be named as a successor holder, and upon the death of the TFSA owner the successor holder immediately becomes the new owner of the TFSA.

If the spouse is named the beneficiary of the TFSA, they can elect to transfer the assets at the owner's death to their own account without affecting their contribution room. Any TFSA income earned after the death of the TFSA owner is taxable to the spouse.

Another benefit of the TFSA is that you can assign assets in your account as collateral for a loan, something you are not able to do with an RRSP.

There is some confusion among Canadians about TFSAs. Some recent studies have found one of the main reasons Canadians have not opened a TFSA account is that they don't fully understand how they work.

As well, many people still are not aware that the accounts can hold more than simply cash and savings, a fact that some financial experts have said indicates the TFSA may be misnamed as a "savings" account.

The TFSA has appeal for people in their prime accumulating years, those who are actively building retirement assets and for low-income earners who can't take full advantage of tax deductions from contributing to an RRSP.

It will particularly benefit individuals who will need access to funds before their retirement, and those with little or no room to contribute to their RRSPs.

THE CANADIAN PRESS
TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

Work your plan to get answers you need

A financial plan can help you prioritize your goals, save money, focus on the bigger picture, and worry less about money, but most of us aren't working our plan. Recent IEF research shows Ontarians score low on knowledge of financial planning and setting goals. But a larger concern was the wide gap between knowledge and action.

"For the most part, Canadians know that they're supposed to save for a rainy day, an emergency, a vacation or their retirement. But they're not doing it," says Tom Hamza, president of Investor Education Fund (IEF), a Canadian non-profit organization dedicated to financial literacy and education.

Hamza recommends you put your plan to work using tools and calculators from the IEF to get answers to your money questions:

- How much do you need to retire comfortably? Take the Retirement Lifestyle Quiz.
- How much will your RRSP be worth at retirement? Check the RRSP calculator.
- Should you pay off debt or invest? Use the Pay down debt or invest calculator.
- What's the best way to pay off my debts? Try the Pay off credit cards and debt calculator.
- Where should I focus my efforts? Take the Cranial Cash Clash

IEF tools and calculators are available at GetSmarterAboutMoney.ca.

IEF/METRO

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PAC-ing money away will pay off in long run

Best strategy is a Pre-Authorized Contribution plan

The deadline for RRSP contributions is fast-approaching. Eighty-three per cent of Canadians who plan to invest say they will increase or match their contributions from last year, according to Investors Group's 2011 RRSP Intentions Poll.

Contributions often take the form of a lump-sum payment, usually based on funds available at the time of the annual deadline. A better strategy is PAC-ing (Pre-Authorized Contribution program) and the payoff can dramatically increase your retirement savings.

"Coming up with a significant chunk of cash at the end of the year can be difficult," says Aurele Courcelles, director, Tax and Estate Planning, at Investors Group. "Setting up a regular payment plan with an amount that you can afford will ensure that the money makes its way into your retirement savings, but also that you benefit from the compound annual return."

"Coming up with a significant chunk of cash at the end of the year can be difficult."

Aurele provides the following example:

- You set up a regular investment plan to invest an amount you can afford — $250 into your RRSP on the first of every month.
- At a compound annual return of 6.5 per cent, you will have $278,000 of pre-tax assets after 30 years.* (*The rate of return is used only to illustrate the effects of the compound growth rate and is not intended to reflect future values or returns on investment.
- If you wait until the end of each year and invest $3,000 in a lump sum, you will have only $259,100.
- By PAC-ing each month, you add potentially $18,900 to your retirement fund — and it doesn't cost you an extra penny!

"Your regular PAC contributions generate a tax benefit for the current tax year and you immediately start enjoying long-term tax-deferred appreciation," Courcelles adds. METRO

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Debt or contribution?

Is it better to pay off debt and pay less interest, or invest in your RRSP and defer tax?

Investor Education Fund (IEF), a Canadian non-profit organization dedicated to financial literacy and education, has tips and tools to help you determine which choice is right for you.

You may choose to pay off debt if:

- You have credit card debt or other high interest debt.
- You are worried you may lose money or not make enough when you invest.
- You have a low income and pay a lower rate of tax.
- Your extra RRSP savings will keep your income taxes high after you retire.
- Your RRSP savings are on track and you have a big mortgage.

You may choose to contribute to your RRSP if:

- You, expect to pay lower income tax rates in retirement.
- You have a Group RRSP or company pension plan and your employer matches your contributions.
- You are worried you will not have enough money to live comfortably when you retire.
- You plan to contribute to your spouse's RRSP.

STOCKBYTE/THINKSTOCK

Learn more about debt and RRSPs, and try the Pay down debt or invest calculator at GetSmarterAboutMoney.ca. IEF/METRO

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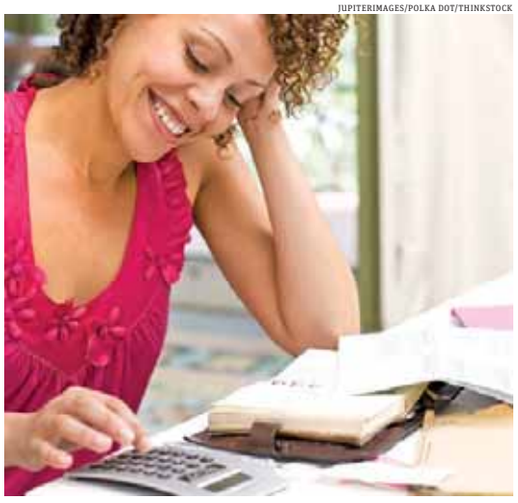

Priority is to pay yourself first

Nearly 70 per cent of Canadians either have an RRSP or plan to start one this year, according to a recent Investors Group poll (Investors Group RRSP Intentions Poll, December 2010).

Meanwhile, the majority of the approximately three-in-10 who do not have an RRSP say they don't have enough money left after paying their bills to consider investing. Gas, groceries, home expenses, the kids, taxes, a workday coffee or lunch — it all adds up, making it difficult to set aside money for investing.

"Paying your bills and your debts is very important, but your mantra should be 'pay myself first,'" says Murray Pituley, director, Tax and Estate Planning at Investors Group. "Contributing to your investments within an RRSP and other forms of saving and investing is the best way to financial and retirement comfort."

Murray shares three secrets to regularly fund your investments using money you already have.

"Cut back on your personal indulgences — like that expensive designer coffee."

▶ Consolidate debt and use the "found" money from your lower monthly loan and debt payments to fund your investments.

▶ Be tax smart and invest the extra money each pay period.

▶ Cut back on your personal indulgences — like that expensive designer coffee.

Once you have uncovered those "hidden" investment dollars, Murray suggests putting them to work immediately by setting up a Pre-Authorized Contribution plan (PAC) that makes automatic withdrawals from your bank account and transfers them to an investment account. METRO

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4 sports

Lions show belief in Jackson

B.C. club rewards receiver for professionalism with limited playing time in 2011 With an injury-free off-season, Vancouver native hopes to return to form for reigning Grey Cup champs

Paris Jackson thought about going somewhere else, but decided he didn't want to.

And, after testing the veteran slotback's pout level in 2011, the B.C. Lions are glad to have him back as they try to defend their miraculous Grey Cup title. So the 31-year-old Jackson has signed on for a 10th CFL season.

"Any time you're offered a contract from Wally (Buono, the team's general manager), it feels good, because he knows talent and it shows he believes in you again," Jackson said in a telephone interview Monday.

Jackson played primarily as a backup and briefly on special teams when Buono was also coach last season as the Lions made their unprecedented run from worst to first after five losses to start the season. He recorded just seven receptions for 117 yards, including a 51-yard touchdown strike against the Edmonton Eskimos in Week 17.

As the Lions celebrated their Grey Cup win over Winnipeg at BC Place last November, Jackson decided he would like to have another go with the Lions. When players packed up their belongings a day later, his future looked anything but certain, but the club decided to reward the occasionally outspoken Jackson for keeping mum about his lack of playing time.

DARRYL DYCK/THE CANADIAN PRESS FILE

▶ The Lions' Shawn Gore, Paris Jackson and Geroy Simon celebrate a touchdown during a game against Edmonton last October.

Buono and new head coach Mike Benevides also considered that he had undergone arthroscopic knee surgery in each of the previous two off-seasons.

"His body wasn't letting him perform to the level that he wanted it to," said Benevides.

He praised Jackson, who had two catches for 43 yards, including one for 30 yards in the Grey Cup win, for showing a tremendous amount of maturity, leadership and character and not sulking.

"When you're playing in the CFL, it's not like you're playing for money. You play for the love of the game. That's what I'm doing."
LIONS SLOTBACK PARIS JACKSON

"I'm really happy for him because, as I said to the guys, he's a veteran that can bring leadership to a young core," said Benevides.

Jackson was the first player Benevides — then the Lions' Canadian scout — and Buono selected in the CFL draft (sixth overall) for B.C. after they arrived from the Calgary Stampeders in 2003. Jackson has spent his entire career with the Lions.

Jackson signed for a year and an option and is grateful for another chance to play for B.C.

After taking a pay cut in his last deal, Jackson received a higher base salary along with several "incentives" that could raise his pay further. Having more time to train in a surgery-free off-season, he hopes to challenge for a starter's spot, although the Lions already have Geroy Simon and Arland Bruce ticketed for slotback posts.

THE CANADIAN PRESS

Canucks preview

Vancouver at Nashville
5 p.m.
TV: SNET

The Canucks (32-15-5) visit Nashville (32-17-4), which beat St. Louis 3-1 on Saturday. Predators goaltender Pekka Rinne stopped 42 shots in the win, his 11th in a row. Nashville has won eight of its last 10. After starting the season with 15 points in 32 games, Sergei Kostitsyn has 14 in his last 15 games. Martin Erat has 12 points in his last 10 games. Shea Weber leads the Predators in plus/minus at plus-19 and shots with 147.
THE CANADIAN PRESS

Scan code for more sports.

JULIO CORTEZ/THE ASSOCIATED PRESS

▶ Giants receiver Victor Cruz lands in Newark, N.J., with teammates Monday.

Giants return home champions

Smiles were the order of the day, as the Super Bowl-champion New York Giants returned home, victorious once again.

The team's plane from Indianapolis touched down Monday afternoon at Newark Liberty International Airport in New Jersey.

Several players saluted the crowd as they departed the aircraft, and some used cameras and video recorders to capture the moment. Coach Tom Coughlin also had a big smile as he waved to the crowd. Earlier in the day, the 65-year-old said he sees no reason to retire now.

4th
Sunday's win over the Patriots was the Giants' fourth Super Bowl win. They now trail only Pittsburgh with six titles, and San Francisco and Dallas with five.

"I mean, it's what I do," Coughlin said just hours after New York beat the New England Patriots 21-17 in the Super Bowl. "So the alternative I've never really given it a whole lot of consideration. (Just coach) as long as I can."

Once on the ground, the players, coaches and team officials were greeted by several hundred airport employees and a port authority bagpipe band. Crews also fired water cannons to salute the team while the plane taxied to a hangar.

The players then took buses to the team's headquarters in East Rutherford, where thousands of fans lined the gates waiting to catch a glimpse of the champions.

The Giants' parade is on Tuesday.
THE ASSOCIATED PRESS

WIN MCNAMEE/GETTY IMAGES

▶ Eli Manning of the New York Giants poses with the Vince Lombardi Trophy and his head coach Tom Coughlin after the Giants defeated the Patriots in Super Bowl XLVI Sunday at Lucas Oil Stadium in Indianapolis.

It's the new top coach-quarterback duo

Tom Coughlin and Eli Manning have won two titles together in five years

Tom Coughlin has never won the NFL's coach-of-the-year award. Eli Manning has never been the league's MVP.

With two Super Bowl victories in the past five seasons, though, they have emerged as the NFL's top coaching-quarterback tandem.

And the best may be yet to come.

The 65-year-old Coughlin and the 30-year-old quarterback are getting better with time, and it was never more obvious than in this past season, which the Giants capped with a 21-17 victory over the New England Patriots on Sunday night for the franchise's fourth Super Bowl title.

The bond between Coughlin and Manning is there for all to see. It is found in the word, team.

"He epitomizes everything that I believe in as a player," Coughlin said of Manning at a news conference Monday. "(That's) in terms of the quality, the way he produces, the way he handles it among his teammates, on and off the field."

It's sometimes hard to tell whether Coughlin has rubbed off on Manning, or vice-versa.

Either way, Coughlin and Manning are the perfect match in a state that once had an advertising slogan of "New Jersey and you, perfect together."

The one thing Manning didn't want to hear anything about was having bragging rights over his brother, Peyton, with two championships.

"This isn't about bragging rights," Eli said. "This is a lot bigger. This is about a team, an organization being named world champions and that was the ultimate goal. That's the only thing that's important, is the team finding a way to get a victory. That's the only thing I care about and Peyton and I both know that's what the goal is every year. It's not about anything else."

THE ASSOCIATED PRESS

Patriots' reaction

The Patriots say there's no finger-pointing after their Super Bowl loss, even if supermodel Gisele Bundchen won't abide by that code.

- Bundchen was caught on video responding to a pro-Giants heckler after the game by saying, "My husband cannot (expletive) throw the ball and catch the ball at the same time."
- But defensive back James Ihedigbo says receiver Wes Welker was a big reason the Patriots made it to the Super Bowl.
- "You win it and lose it as a team. We lost to a good football team," he said.

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MAJOR LEAGUE SOCCER

Whitecaps tie Seattle to open pre-season

Vancouver striker Camilo opened the scoring and the Whitecaps held on for a 1-1 pre-season draw with the Seattle Sounders in Major League Soccer pre-season action Monday.

Camilo scored 35 seconds into the game after being set up by fellow striker Atiba Harris in Casa Grande, Ariz.

Seattle tied the game early in the second half.

After a Whitecaps turnover, David Estrada set up Servando Carrasco, who beat Vancouver goaltender Brad Knighton in the 48th minute.

The Whitecaps appeared to go ahead in the 88th minute when Omar Salgado's shot deflected off Floyd Franks and into the Seattle net. However, Franks was in an offside position and the goal was called back.

It was the first exhibition match of the season for the Whitecaps, who are training in Arizona prior to the MLS season.

THE CANADIAN PRESS

OTTO GREULE JR/GETTY IMAGES FILE

▶ Camilo

Birthday. Boy

▶ Suns guard Steve Nash drives past Hawks guard Jannero Pargo in Atlanta on Monday night.

THE ASSOCIATED PRESSS

Nash starts party early at Hawks' expense

On the eve of his 38th birthday, Victoria's Steve Nash showed he can still control a game.
Nash had 24 points and 11 assists while hitting 9-of-12 shots, as the Phoenix Suns beat the Atlanta Hawks 99-90 on Monday night.
"I feel good and I enjoy playing," said Nash, whose birthday is Tuesday.
"He never plays like his age," said Suns teammate Channing Frye. "He's huge for our team. He's awesome to play with."

Crosby back on ice with Pens

Pittsburgh Penguins captain Sidney Crosby skated in a full practice with his teammates Monday but said he is no closer to returning from a concussion and neck injury that have caused him to miss most of the NHL season.

Coach Dan Bylsma felt that with Jordan Staal and Simon Despres ready to resume skating after their injuries, it was better to have Crosby in the main practice rather than have him skate alone. THE CANADIAN PRESS

Contador found guilty of doping

Alberto Contador was stripped of his 2010 Tour de France title Monday and banned for two years after being found guilty of doping.

The Court of Arbitration for Sport rejected Contador's claim that his positive test for clenbuterol was caused by eating contaminated meat. The 29-year-old, who also won the Tour in 2007 and '09, tested positive during a Tour rest day in July 2010.

THE ASSOCIATED PRESS

Gagner, Reimer both benefit from all-star reset

Oilers forward and Leafs goalie earn NHL weekly stars coming out of break

The changes were small, but they carried a lot of significance for Sam Gagner.

When the Edmonton Oilers forward returned from his all-star vacation, he decided to alter his routine in an effort to turn around a season gone wrong. Rather than eating chicken before games he switched to salmon. He also shortened his naps and embraced a more confident frame of mind.

"It was time," Gagner said Monday before a 6-3 loss to the Toronto Maple Leafs. "Things weren't going as well I had planned. I wanted to switch up the routine a little bit."

It's hard to argue with the results: Six goals and seven assists in four games, including an eight-point night against Chicago that allowed him to secure the NHL's first star of the week.

New Jersey Devils centre Ilya Kovalchuk was given the second star on Monday while Leafs goalie James Reimer took the third star.

Reimer had been considering a trip to the Bahamas for the all-star break, but elected instead to spend time working out with trainer Adam Francilia in Maple Ridge.

The decision paid dividends for a goalie who struggled after an early season injury. He posted back-to-back shutouts last week.

"The shutouts are nice ... but what's really important is the wins," said Reimer. "I prepare every game to win. If that means I have to let in zero to get that, so be it."

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Edmonton's Sam Gagner shoots on Toronto's James Reimer Monday night.

"The funny thing is that if I do (develop a routine), I try and change it up just so that I know I'm not superstitious."
LEAFS NETMINDER JAMES REIMER

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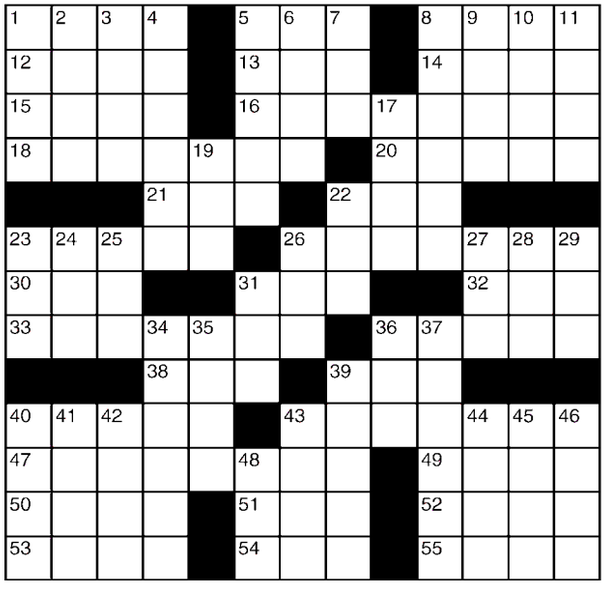
Crossword



Across

1 Improvise musically
5 Ram's mate
8 "Dracula" author Stoker
12 Eastern potentate
13 Parcel of land
14 Continental money
15 Puerto —
16 Limbs
18 1980s TV exec Tartikoff
20 Gumbo ingredients
21 AAA assignment
22 Expert
23 Station
26 Star of 1996 "Hamlet"
30 Exist
31 Week component
32 Ruby or Sandra
33 Missouri tourist mecca
36 Born earlier
38 Charged bit
39 "Hail!"
40 Beachgoer's mat
43 Bygone U.S. airline
47 Boston-area university
49 Spoken
50 Denomination
51 Commotion
52 Take the bus
53 Jab
54 Sawbuck
55 Being (Lat.)

Down

1 Predicate part
2 Eastern bigwig (Var.)
3 Isinglass
4 Quickly
5 Arm joint
6 Sported
7 Greek H
8 Summon with a gesture
9 German industrial district
10 Neighborhood
11 Rolling stone's lack
17 Mrs. Nick Charles
19 Speck
22 Snoop
23 Apply lightly
24 Blunder
25 — shooter
26 Proscription
27 Do sums
28 "Gosh!"
29 That woman
31 Rickles or Knotts
34 Nothing (Ital.)
35 Auctioneer's call
36 Eggs
37 Maiden in "The Raven"
39 Pyromaniac's crime
40 Recipe meas.
41 Sandwich cookie
42 Lousy (Sl.)
43 Wait a while
44 Eye part
45 Crazes
46 Run away
48 Chow down

▶ Monday's answer

H	I	F	I	■	K	E	G	■	S	P	I	N		
I	T	E	M	■	R	A	Y	■	A	L	T	O		
S	C	A	B	■	A	R	R	I	V	A	L	S		
S	H	R	I	E	K	■	E	V	E	N	L	Y		
■	■	■	B	R	A	G	■	Y	U	K	■	■		
A	R	R	E	S	T	E	D	■	P	I	S	A		
I	O	U	■	T	O	N	I	C	■	N	U	N		
L	E	N	D	■	A	R	R	A	N	G	E	D		
■	■	■	N	E	B	■	E	E	R	O	■	■		
R	E	E	F	E	R	■	C	A	R	T	E	L		
A	R	R	O	G	A	N	T	■	M	A	L	I		
S	N	U	G	■	G	E	L	■	A	L	A	S		
P	E	P	S	■	S	T	Y	■	L	E	N	T		

Sudoku

	5		8	6	4			
			9					6
	4							5
9							5	8
	7	5	2		6	1	3	
3	2							7
2							9	
6					8			
			7	4	9		1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

2	6	4	8	3	9	5	7	1
1	3	9	7	6	5	2	8	4
7	5	8	1	4	2	9	6	3
8	7	2	4	1	3	6	9	5
4	9	6	2	5	7	3	1	8
5	1	3	9	8	6	4	2	7
3	8	5	6	2	1	7	4	9
6	4	7	5	9	8	1	3	2
9	2	1	3	7	4	8	5	6

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

LBJ,
Wanted to wish you a Very Happy Birthday this week baby. I love you so much and can't wait to spend the rest of our lives together. Going to find you a really sexy present too. xoxox
YOURGIRL

My Pumpkin,
I love you and really want you to stay. Without you is not an option. In all my past I have never felt so comfortable. I W
FROM YOUR BABY

French Pamplemousse needs her Irish boyfriend. No matter the distance between us, you're the only one I want. I love you and I can't imagine being with anyone else. I miss you, come back soon...
FROM YOUR FRENCH PAMPLEMOUSSE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You won't take kindly to someone who tries to meddle in your personal affairs.

♉ Taurus April 21-May 21
In a matter of days you will be riding the crest of a wave again – and this time you won't fall off.

♊ Gemini May 22-June 21
You need a bit more preparation in order to achieve what you want to accomplish.

♋ Cancer June 22-July 22 You know what it is you need to be doing and all that should concern you now is making a start.

♌ Leo July 23-Aug.23
Enjoy yourself but don't be reckless.

♍ Virgo Aug. 24- Sept. 22
You may have to take on new responsibilities today. You may also have to work at something you do not particularly enjoy.

♎ Libra Sept. 23-Oct. 23
The tougher the task the more you will like it: in fact you will seek out challenges that put you to the test.

♏ Scorpio Oct. 24-Nov. 22
Don't let others pressure you into accepting something unless you are 100 per cent sure it is the right thing for you.

♐ Sagittarius Nov. 23-Dec. 21 Some people seem to delight in taking the opposite view to everything you say. That's their right, of course, but it's your right to ignore them.

♑ Capricorn Dec. 22-Jan. 20
Anyone who dares oppose you will be dealt with swiftly and harshly.

♒ Aquarius Jan. 21-Feb. 18
You may be on the go from morning to night but where is all this activity getting you? Nowhere fast by the look of things. Slow down today and focus on the one or two issues that really matter.

♓ Pisces Feb. 19-March 20
Money matters will be high on your agenda today and if you follow your instincts you may come into some cash.

SALLY BROMPTON

Caption contest

UZAY HACAOGLU/THE ASSOCIATED PRESS

LEE JIN-MAN/THE ASSOCIATED PRESS

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